



Gourmet Chef

your culinary superstore

M-F 9am-6pm
Sat 10am-6pm
Sun 12pm-4pm

www.gchef.com • 122 south main, minot, ND 58701 • 1•877•266•CHEF

Lemon & Brussels Sprouts Risotto with Crispy Prosciutto

Serves 6

You'll love this risotto that features nicely roasted Brussels sprouts, bright lemon flavors, all topped with crispy and salty prosciutto. Both the juice and zest of the lemon are used in this dish, lending its distinctive flavor that pairs especially well with the caramelized Brussels sprouts. The crisped prosciutto tops it all off to perfection. Crispy bacon would be a tasty substitute for the prosciutto.

Ingredients:

1 onion, finely diced
1 clove garlic, minced
1 small shallot, finely diced
2 cups Brussels sprouts,
stem ends trimmed and sliced into thin shavings
5 tablespoons olive oil, divided
4 tablespoons butter, divided
1 lemon, zested and juiced
1 lemon, rind cut into 2" twists
5 cups vegetable stock
1 cup dry white wine
2 cups arborio rice
1/2 cup parmesan cheese, grated
Kosher salt and pepper, to taste

Garnish:

1-2 teaspoons lemon zest
1-2 oz prosciutto, cooked until crispy

Risotto Directions:

1. Preheat the oven to 400° F. In a medium bowl, mix the prepped Brussels sprouts with the diced shallot, 3 tablespoons of olive oil, 1 tablespoon lemon juice, salt and pepper. Spread the coated Brussels sprouts on a roasting pan and bake for 20 minutes or until just browning begins to occur; stir and toss halfway through the roasting time.

2. While the Brussels sprouts roast, pan fry the prosciutto in a sauté pan until crispy; set aside.

3. In a large Dutch oven, sauté the onions, garlic, and lemon twist strips in 2 tablespoons butter and 2 tablespoons olive oil over medium-high heat until the onions become translucent. Add the rice and stir until coated. Add the wine and continue to stir until all the liquid is absorbed.

3. Meanwhile, in a separate soup pot, bring the vegetable stock to a simmer.

Continued on Page 2



Gourmet Chef

your culinary superstore

M-F 9am-6pm
Sat 10am-6pm
Sun 12pm-4pm

www.gchef.com • 122 south main, minot, ND 58701 • 1•877•266•CHEF

Page 2, continued

4. Once the wine has been absorbed into the rice, slowly add 1-2 ladles of stock to the pot of rice and bring to a simmer. Keep simmering and slowly add ladles of broth, one ladle at a time. Stir continuously, until all of the stock is absorbed.

5. Add the salt and pepper while stirring and adding the stock. Taste test the risotto often to ensure adequate salt and pepper according to your taste. When the risotto is al dente, add 1 more ladle of the stock, stir, and turn the heat to low.

6. Stir in 1 tablespoon of lemon juice. Then add 1 cup of the roasted Brussel sprouts, and stir. For a silky finish, stir in the remaining 2 tablespoons of butter and 1/2 cup of parmesan cheese. The final risotto should be creamy and slightly soupy (it will slowly thicken as it sits.)

7. Serve hot. Garnish with lemon zest, crispy prosciutto and additional Brussel sprouts on top.